

Installation and User Instructions

RSP ISQUIO



MADE IN SPAIN

Inercial Performance S.L.
www.einercial.com

Table of Contents

Introduction.....	3
Standard equipment.....	3
Installation.....	4-6
Adjusting The Handle Position.....	6
Adding Weights to the Flywheel.....	7-8
How to move the rail.....	8
Technical Specifications.....	8
Accessories.....	9
Use.....	9
Maintenance.....	10
Replacing the Rope.....	10
Warranty.....	11

INTRODUCTION

Rsp Isquio is another step in RSP to offer you **specific tools that provide the solution to one of the most common muscle injuries in sports.**

Isquio is born to prevent injuries to the hamstring muscles by reproducing the same range of load generated by the athlete when running at high speed. The objective of this machine is to generate high accelerations of the leg that in the eccentric phase will have to brake in a coordinated and stable way with the great particularity that Isquio offers the maximum tension to the athlete (moment in which the rope is wound in the minimum radius of the axis) when the maximum extension of the knee is being reached. This increasing load that we generate by reducing the radius as we extend the knee and apply strength to stop the leg from moving, is intended to reproduce and work on the two most important factors of hamstring injuries. On the one hand to be able to train the stabilization of the hip avoiding its hyperextension in the final phase of the extended knee before reaching the floor and on the other hand improving the strength of the flexor and extensor muscles of the knee and hip increasing the dynamic performance of the sportsman.

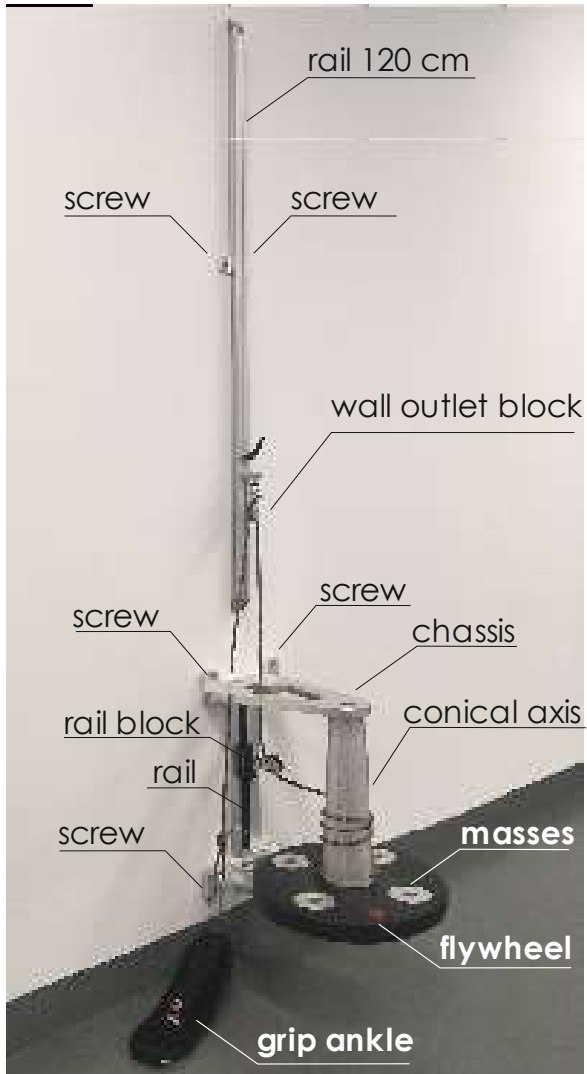
This machine is very different to a traditional conical pulley in order to offer the opposite behaviour to that of a traditional machine by offering the maximum resistance in the eccentric-concentric transition (end of the braking phase and beginning of the recovery phase) The small difference between the minimum and maximum radius is due to the fact that this machine works in reverse, as if we wanted to reduce gears in our car and therefore the variation of the radius must be small, otherwise the movement becomes very complex to execute and it is easy to lose control in the concentric/eccentric transition (as if our car skidded)

STANDARD EQUIPMENT

- Chassis RSP Isquio.
- 120cm wall rail for height adjustment of the output pulley.
- 4 aluminium masses.
- 40mm Ø Harken Carbo pulley.
- 40mm Ø T2 Loop Harken Carbo pulley.
- 4 meters of high performance rope with length adapter .
- Ankle string.
- Wall mounting kit.
- Assembly manual.

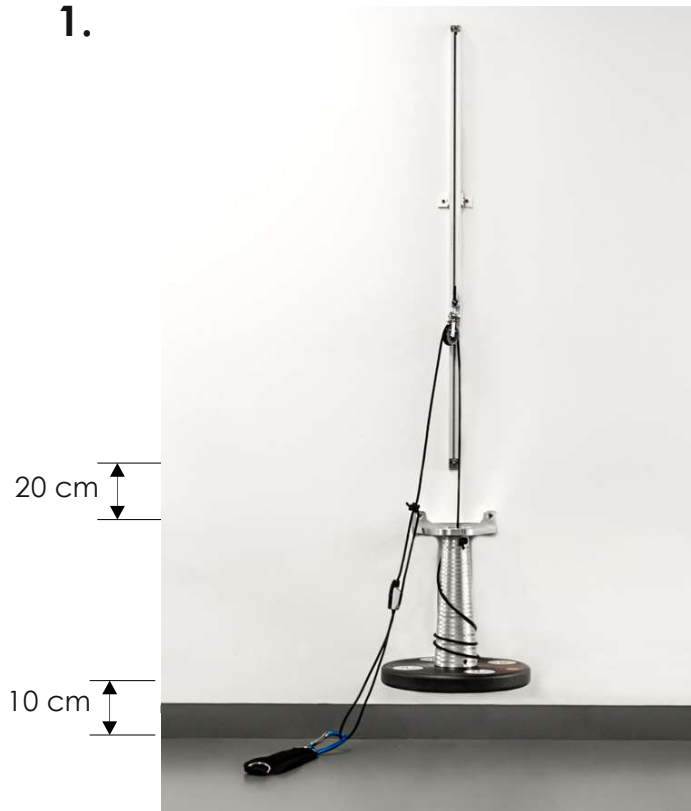
INSTALLATION

Parts of the machine.



Place de Machine.

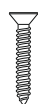
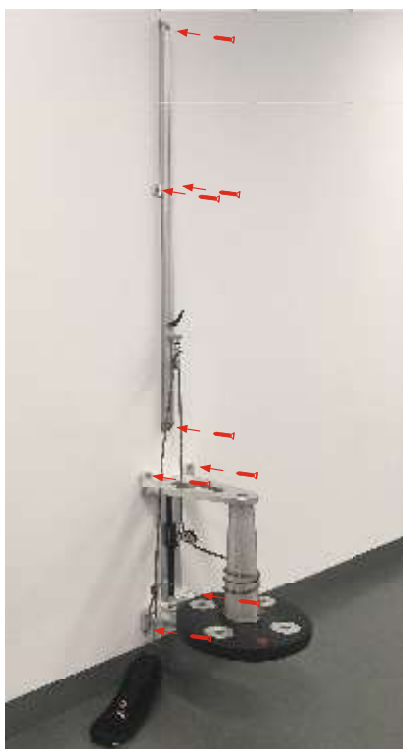
1.



Place de machine as close as possible to the ground, if you have baseboards will be placed above it.

The rail of 120 cm is placed centered with the machine and 20 cm of it.

Set the machine to the wall



x8



x8

8 mm Ø



x1

grip ankle



x1

Make four holes in the wall to the indicated height, insert the plugs first and screw the four screws into the wall. Then install the rail to the block of wall outlet to the indicated height, with the indicated plugs and screws.

ADJUSTING THE HANDLE POSITION

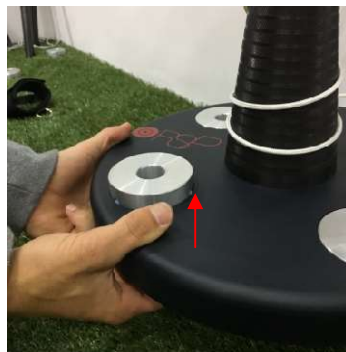
Click on this link <http://bit.ly/RSPisquiotechician> to see:

The most important technical features of our RSP Isquio, how you can assembly it, how the rope is adjusted and how the pulleys and the rope are changed. We also explain how to improve it and give you some useful tips.

FLYWHEEL MASS

The mass of the flywheel defines a large range of speed/force curves that can be varied

MASS (Flywheel weight) CHANGE INSTRUCTIONS



Press the bottom up to
remove the masses



without mass

How to place the masses



Place the mass right

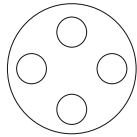
Press up and down

Until it is in line with the flywheel

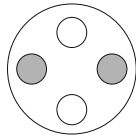
The RSP conic flywheel comes with four masses to modify the force/speed parameters.

The flywheel has four locations to add or delete steel weights in opposite pairs.

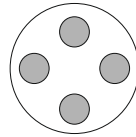
Placement masses:



without masses



2 masses



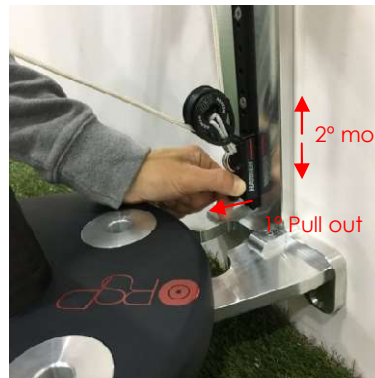
4 masses

IMPORTANT: FLYWHEEL WEIGHTS MUST BE ADDED OR DELETED IN PAIRS AND IN DIRECTLY OPPOSITE LOCATIONS

HOW TO MOVE THE RAIL



The marked workpiece



Pull out and move up or down

TECHNICAL SPECIFICATIONS

-Designed to improve the capacity of acceleration and brake of the hamstring muscles.

-Acceleration adjustment through shaft radius.

-Adjustment of the Moment of inertia through the masses integrated in the disk, each mass represents a 10% of the Moment of inertia.

-Adjusting the height of the rope output.

Size: 45 x 35 x 45 cm high

Weight: 15 kg

Adaptations: Customization for specific trainings Inertial performance, S.L., with CIF B 27813518 declares that this training equipment is in accordance with the norm EN 957-2, Class S.

Moments of inertia

without masses	2 masses	4 masses
589,84 Kg/cm ²	704,99 kg/cm ²	820,13 Kg/cm ²

ACCESORIES

- Chassis RSP Isquio.
- 120cm wall rail for height adjustment of the output pulley.
- 4 aluminium masses.
- 40mm Ø Harken Carbo pulley.
- 40mm Ø T2 Loop Harken Carbo pulley.
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- Ankle string.
- Wall mounting kit.
- Assembly manual.

Spare parts: <https://einerical.com/en/categoria-producto/rsp-isquio/>

USE

Always tense rope during the execution of the exercise.

Always work with the rope coiled in the axis to avoid to squash the bearings of the blocks.

It's important to do the exercises with a suitable technique and must be supervised by a professional. You can affect the health an excessive or incorrect use of the machine, please consult your doctor before exercising.

It is important to keep the unattended children away from the machine.

The blocks and the ropes are elements of wear by the use of the machine.

RSP recommends the use of his blocks and ropes to guarantee the ideal functioning of the machines.

RSP is not responsible for wear caused by misuse of the machine.

To know the whole gallery of exercises and the safe and proper use of the machine visit:

<https://einerical.com/en/tutorials/>

<https://einerical.com/videos/>

MAINTENANCE

Clean the machine with a damp cloth without using any abrasive product.

Do not leave machine in very humid places. Indoor use.

Replace the rope if it is worn or broken, the blocks and the ropes are elements of wear by the use of the machine.

Spare parts: <https://einerical.com/en/categoria-producto/rsp-isquio/>

Call for assistance if required. +34 659910685

REPLACING THE ROPE



bit.ly/RSPisquiotecnician

WARRANTY

1. Inercial Performance, S.L. warrants to the purchaser that RSP conic is free of defects in materials and workmanship under normal use and maintenance, has a limited warranty of 2 years from the date of purchase, subject to the terms and conditions that marks the Spanish law, after 6 months of this period the costumer will have to prove that the fault exists since the origin of the purchase
2. This warranty does not cover any damage caused by handling, misuse, tampering, negligence, accidents, abnormal conditions, lack of adequate maintenance or unauthorized service or alterations to the product.
3. The blocks and the ropes are elements of wear by the use of the machine, are not subject to this warranty except for manufacturing defect.
4. In the event that the machine is damaged from the factory in the first 6 months after the purchase (point 1) will replace the defective part or be replaced the machine, if necessary, without any cost for our client.



RSP ISQUIO is manufactured in Spain.
www.einercial.com

Inercial Performance S.L.
Avd. Val Miñor, 46 1ºC
36350 Nigrán (Pontevedra)
Telf + 34 659910685
Spain